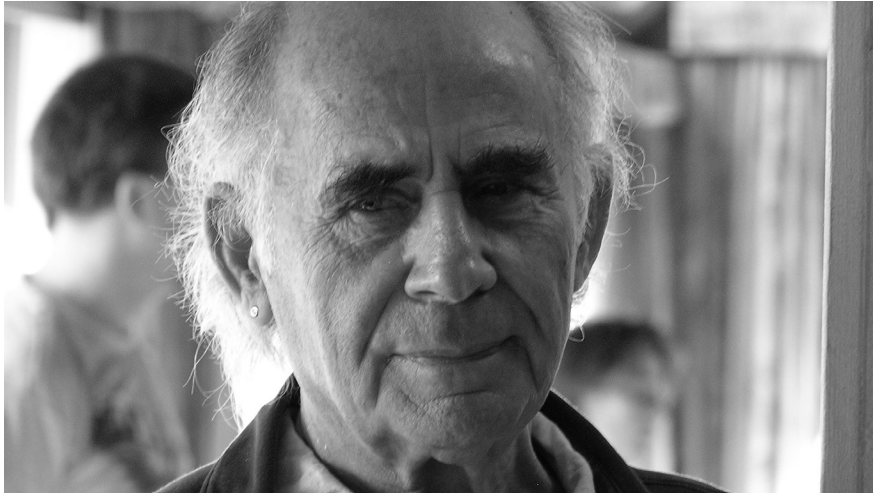


To be a human being  
is a glorious thing

Teachings  
Seminars  
Trainings



## Imprint

<b>Publisher:</b>	Michael Barnett OneLife Hauptstr. 22 D-79211 Denzlingen Ph.: (+49) 07666-8 801 801 Fax: (+49) 07666-8 801 802 E-mail: <a href="mailto:info@michaelbarnett.net">info@michaelbarnett.net</a> <a href="http://www.michaelbarnett.net">www.michaelbarnett.net</a>
<b>Energy Drawings:</b>	Michael Barnett
<b>Photos:</b>	OneLife
<b>Print:</b>	April & Tochter, Freiburg
<b>Layout:</b>	Shahada  <a href="http://www.3d-illustration.de">www.3d-illustration.de</a>
<b>Frontpage:</b>	Michael Barnett in Dorset, 1st of July 2007 / Drawing by Shahada

## Contents

MB Letter	3
Special Groups	4
Talk	6
Festivals	8
Roof Tops	9
Trainings	10
Talk	12
UNACHO	15

## Beloved Loving Angels,

I call you all that because anybody who is looking for something beyond what is obviously there - a 'there' that includes so much suffering and horror, so much stupidity and blindness, so much narrowness and limitation - is halfway to being an angel, and since you are obviously not content with that which is apparently 'there', and wish to explore the possibilities of something quite different, for yourself, for others, for the planet, for the world, then there has to be love there too.  
So loving angels it is...

Halfway it is then. But the other half of the way - taking [this](#) way, the OneLife Way through cosmic connecting - [this](#) involves some appreciation on your part of what is required in order to arrive. So to this end I am including in this Spring '08 Newsletter two talks I gave just recently in Prague: [No Coming, No Going](#) and [The Stop](#). (There was a third, the Q&A there, entitled [Feet First](#). If the two included here suit you then read the third...) They are about not losing the steps you take. Not letting them drift away into experiences that live and so die. This other half of the way can happen any-time, out of the blue, but [your](#) contribution to it has to be step by step (you can't [do](#) 'out of the blue'!) There are also a number of new sections

in the Newsletter this time, all part of the [overall](#) movement of this Work We Do on this planet of ours.

In order to find our way in the best possible manner; the best, that is, that is on offer...

Aspiring angels who have already come far are invited to join me on the upcoming X-Run. This is my senior - and most personal - course of the year, and I treat every member immediately as an angel-in-waiting. Also I know who you are out there, and I just hope I will see many of you (whom I mean and know) right there with me in August when our new X-Run4 gets started...

There's another Enlightenment Circle to come in November. About the last - rather exceptional - one I have written something below in the Newsletter texts. Hopefully in these EC's we start as a circle - and finish all together in its centre. That kinda happened last time...

Another seminar I always thoroughly enjoy is TOBAL, partly because I don't have to do anything much but crash out into clear space along with you - as we let the energy build, connect, infiltrate - and then settle.

A seminar for heros, really. But 'realization' is an energy, and so it can be transferred via resonance and in other ways, and this is what happens there too.

The current Energy Training - with this time mostly pretty new people - we (Varuni and I) find very beautiful. Everyone so open, willing, appreciative, and everyone blooming like a rainbow of flowers. May those looking for that movement into 'the world of energy' join us for the next Training, [Flowers of Love](#), that starts in July.

I have to mention the new book, [Infinite Nature](#), due out soon. This one is different from all the others so far - except the first, *People Not Psychiatry*, in that I [wrote](#) it! Not just edits of talks given, but a sit-down, check-out, find-the-essence, no-nonsense book of personal statements about the human condition (and of course what it can be).

As I write this, Easter looms, the Festival at a new place in Germany, and I look forward to meeting there people from all around at this celebration time.

After that comes the end of the current X-Run3, which is again in the Canaries, this time in Lanzarote. Then back on tour: Berlin, Austria, Denmark, Frankfurt, Sicily, England, Zurich, Hamburg, Rimini, Belgium, Kiev and so, then, over this time, meetings with many of you who are reading this. Well you all know how much I enjoy that!

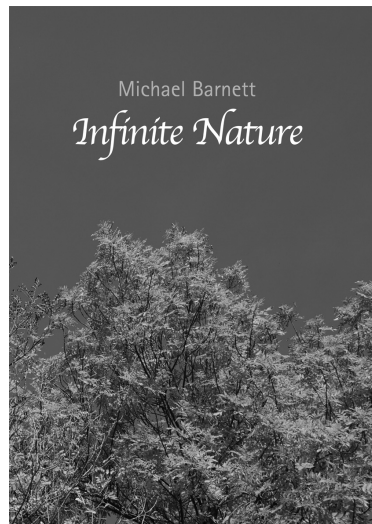
LotsofLove



PS: Recently Tarimo wrote to me:

"Don't think your legacy is out there in your reputation in the world. Your legacy - unseen, lies in the hearts of those of us who met you on the deepest level we could and were changed by that."

I like that...



You can order [Infinite Nature](#) from the Online Shop or directly at MB OneLife (Price: EUR 32).

# Special Groups

## It's a Glorios Thing

Denmark Seminar

With these words, Michael finished a talk, recently, in Linz, in Austria:  
"To be a human being is a glorious thing."  
What a chance! Every moment pregnant with possibility, with unpredictability, with challenge, with the opportunity to discover, that which is possible for us to find, to find again for yourself alone, that which has been already unearthed by the masters, and even that which no one before has ever found:  
A new and wondrous revelation!

**Venue:** Langebaek Retreat Center, Denmark

**Dates:** 1-4 May

**Groupfee:** EUR 280,-

## Couples

An innovative group. Looking at relationships, how they contribute, how they trap. What makes them flourish? Who is the I? What is the We? Putting the cards on the table. Baring the committed soul.

**Venue:** UNACHO, Denzlingen

**Dates:** 30 May - 1 Jun

**Groupfee:** EUR 250,-

## Yours is the power of the sea

England Seminar

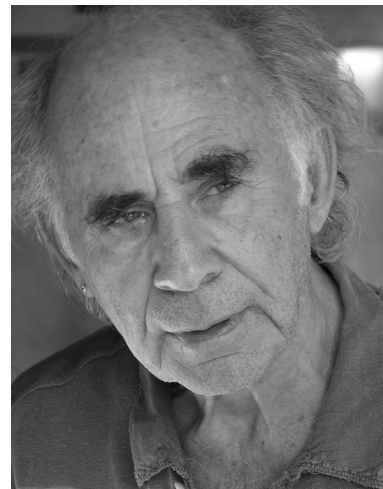
The sea.  
The waves.  
The seabed.

Together then:  
That which is unchanging.  
That which powers our lives.  
And that which we ride on,  
in our everyday lives,  
lifting, falling, crashing, dying –  
whilst the ocean remains  
for us to fall back into,  
always,  
ready for yet another rush of waves,  
sparkling, flashing, spraying, falling, dying...  
And all the time.  
the ocean bed remains,  
remains unmoved,  
supporting all, enjoying all,  
yet utterly independent,  
unneeding and beyond,  
yet totally alive in its own way.  
The signature of endless renewal.

**Venue:** Dorset, England

**Dates:** 26-29 Jun

**Groupfee:** EUR 270,-



## TOBAL

### Tao Of Being And Living

'Realization' is an energy, and so it can be transferred via resonance and in other ways, and this is what happens here too.

**Venue:** Oberroth, Seminarhaus Stiersbach

**Dates:** 24-28 Sep

**Groupfee:** EUR 450,-



## The Sound of Silent Bells

Belgium Seminar

Well you can't hear them,  
Not where sounds are.  
So look away from the sounds,  
And the hullabaloo -  
The noise that drowns what lies there,  
so silently.  
Listen beyond the cries of the inane  
beyond even the lament of the suffering,  
and there you will find it:  
So soft, so light, so imperceptible -  
except by those who know of  
the door out of the world  
and all its clamour.  
There you will find it.  
Unceasing.  
The sound of silent bells.

**Venue:** To be announced

**Dates:** 15-19 Oct

**Groupfee:** EUR 330,-

## Detrapping

Another chance, in November, to participate in a Detrapping Seminar.

In these - very different! - seminars, each member of the group presents a personal or life problem that they feel is stopping them from living freely or fully.

Michael looks at the problem with them, presents it in the room in a tangible way, and then invents the dynamics of escape, solution, or transcendence, through seeing the problem in a new way, and even acting out the solution there and then. At the same time often locating the very source of the problem.

Number of participants limited...

"Watching Michael work with people in this Detrapping - Ah, the glowing in my chest and the infinite beauty of it."  
Barusa

**Venue:** UNACHO, Denzlingen

**Dates:** 14-16 Nov

**Groupfee:** EUR 300,-

## Austrian Special

The Shepherd and the Golden Corn

He walks through the corn.  
Together they glisten and shine.  
Together they are one.  
The coming together  
Is the light  
that lights up  
the world  
it is there  
in the joining  
of the one at home  
in himself  
and the corn,  
the life-giving growth,  
so that  
hand-in-hand  
they can bring  
light and beauty  
to this earth.

**Venue:** Linz, Austria

**Dates:** 20-23 Nov

**Groupfee:** EUR 320,-





Prague

29th of February 2008

6th in the series

'What Is This?'

## No Coming, No Going

A lot of you have been here before, and some of you have not been here before. A lot of people have been here before, maybe five or six hundred people, and from those five or six hundred people, maybe thirty or forty of them are here this evening. Many of those hundreds of people have not only been here and participated in what goes on here, but have also, at the end of the seminar, received a spiritual name from me. If you went into a supermarket and saw someone standing there and you asked, "Have you got a name from Michael Barnett?" they would probably say yes. (laughter) So there are plenty of them around, but they don't come and see me when I come here to Prague.

Coming here, for many people, is a big thing and they get something special from it, so much so that at the end they ask for a spiritual name – which is a name for the path that we have been on while we were here – but then they disappear. They have a certain kind of experience, even an amazing experience, and they think, "This is the way," and then they vanish. Maybe they remember the group and say, "That was fantastic," like a great movie you have seen, a great book you have read, or a great fuck you have had, but then on to the next one.

So this time I thought I should begin by saying what the Work is all about. It is not about having amazing experiences, about seeing light, about giving and receiving love, and it is not about feeling a great joy coming in. Those things happen to many people who come, some of them are even overwhelmed by their experiences here, but this is not what it is all about.

Now I am going to tell you what it is all about. Usually I expect people to realise what it is all about, but this time I am going to take the chance and tell you. You are somewhere on your way through life. You have already gone twenty years, thirty years, forty years, even fifty years, maybe more, and all the things that have happened to you have disappeared. Now you are here for something different, which in a little while will also disappear because everything disappears. Highs disappear, lows disappear, good times disappear, bad times disappear, friends disappear, lovers disappear, parents disappear, children disappear, jobs disappear – everything appears and disappears.

Most of you are all young and well, but that will also disappear. You get ill and things are bad, so even wellness disappears, but fortunately sickness also disappears, even the last sickness which takes you into death – that disappears when you die. Everything comes and goes.

Now I am feeling dry so I will take a sip of water (Michael takes a sip of water), and now the dryness is gone, but it will come back (laughter), so I will have another drink and then it will go again. It is so monotonous, everything coming and going. Nothing lasts. There is nothing you can rely on. You can just hope that good things will come more often than bad things. And we forget that even if the good things come tomorrow, that maybe next week they will be gone again, because while good things are there, we feel good and we forget that they go – which is a very sensible thing to do otherwise you couldn't enjoy things when they are good.

A guy, who is well known to you guys and whose name is Buddha, said many things – he gave seventeen thousand five hundred talks. I don't know whether I will manage to surpass that before I finish, this is about number six thousand, so I am not doing too bad! He said many things during those talks that are important to know about, and they are quoted a lot in Buddhist teachings, and one of those things he said I am pointing to this evening. He said...(Michael goes quiet for a few moments) I am waiting, because when it comes and I give it to you, I don't want it to go away too quickly. I want you to see if you can remember it, at least until Sunday afternoon! (laughter)

Buddha said, "Look for that which neither comes nor goes." If it neither comes nor goes, then it is not part of what I was just saying, that everything comes and goes. Everything that comes has to go. And I have some bad news for you – you came to the world, so what is the bad news? You are all going to go. Sorry to remind you of the fact, you are young and it is not going to happen tomorrow, but sooner or later you are going to go. Why? Because you were stupid enough to come (laughter), and once you come, you are going to have to go.

Buddha didn't say, "Look for that which doesn't go," he said, "Look for that which neither comes nor goes." That means that it must be here all the time – before we came and after we have gone, it will be here.

I am a lucky guy – one day I fell over, and I fell into that which neither comes nor goes. I fell, and I landed in that which neither comes nor goes. I was never born and I will never die, and every instant I can touch that which neither comes nor goes, and that, my friends, is what I want to pass on to you this seminar. You may get just a taste that will persuade you to look again and again for it until you can be in it, and then when you have found it, you can say, "I am eternal. I am timeless. I don't mind that everything else comes

and goes. Well, sometimes I mind a bit, but I don't mind so much because I have touched something that will always be there."

So the hundreds of people who come here, see me, pay something and then go, they stay along that stream of reality where everything comes and goes. All the great experiences that they have had in this room and other rooms in Prague, they came, they went, and they forgot – except for some. There are some people here this evening who have been many times and come back again and again, and they are the ones who, even if they couldn't say what I have said this evening, can smell that somewhere, through what happens here, they will find something that they can relax into and feel that that is what they have been searching for.

Then the search has ended. Of course you can still search for good times, good friends, great lovers, good tastes, all these things, but no longer does your happiness, contentment and your feeling of yourself depend upon that kind of phenomenon.

So during these days together, see if you can look out for that and get a taste of that, and not grasp the good experiences but remember that behind all the nice things that happen, and

almost surely some good things will happen for you this weekend, they are not the point. They are the phenomena that come from the movement towards that which neither comes nor goes, and that place is the source of all life.

Even if, in a way, life stops – you are not doing anything, you are not going anywhere, you are not with anybody, you are not excited about anything, you are not aiming for anything, you are just there, you will be perfectly content because you will feel as if you are with everything.

On top of that you can have good times, enjoy the things you enjoy, but it is not that you need to find things to enjoy, one after another, and hold onto them so that you have something you can say is great in your life. These things will go, and then you have to find something else, which then also goes, and then you have to find something else, and so on.

**Relax into something that is always there and is always ready to receive you with open arms, and get a feeling when you are there, that time is an illusion.**





# Festivals

## Rainbow Spirit Festival 2008

**Saturday, 10. May**

12.00 - 13.30:

**Meeting with Michael**

Talk: Change Levels - Change Self -  
Change Reality - Find Peace -  
Find Bliss - Find Love

15.00 - 16.30:

**Taking The Lid Off**

(Energy Happening)

**Sunday, 11. May**

12:30 - 13:30:

**SHEM Meditation**

15:00 - 16:00:

**Energy & Silence**

**Tuesday, 13. May** (Event of the day)

10:00-18:00:

**The Streams Of True Life**

Joining the eternal streams. Feeling  
the pulse and presence of original  
life. Connecting with the source of all  
things, including You.

**Venue:** Kongresshaus, Baden Baden

**Dates:** 10., 11. and 13. May

**Booking and Information:**

Rainbow Spirit

[www.onespirit.de](http://www.onespirit.de)

[www.rainbow-spirit-festival.de](http://www.rainbow-spirit-festival.de)

## Summer Festival

**Here, Then, Together**

If we are here, then, together

We will draw to us

Dancing energies

Smiling gods

Songs the angels sing

If we are here, then, together

We will be found

We will be lifted up

We will be shown

how light is

And where it comes from

If we are here, then, together

We will be embraced

By that which we belong to

Unknowingly

All the time.

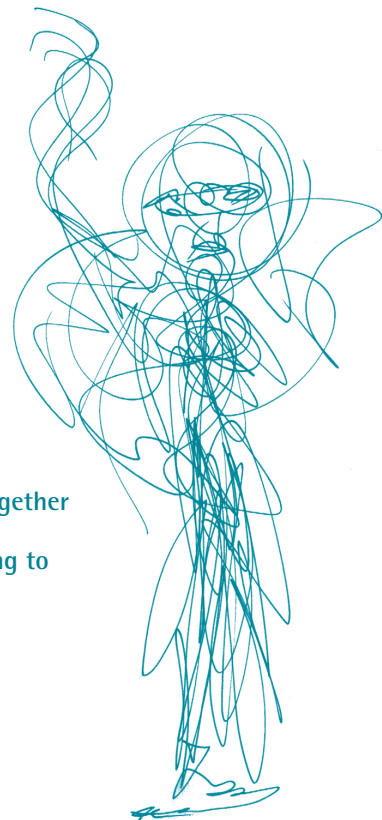
So

Be here then

Together

With us

At this time!



**Venue:** Holland, Kouderkerke/Zeeland

**Dates:** 22-27 Jul

**Groupfee:** EUR 380,-



## The Goose Spot

At the Winter Event, Zoba asked: "What was it in your work that inspired you to call this spot (he points...) the Goose Spot?"

Michael answered: "I just knew it. It didn't come from my mind, it wasn't an invention. Things come to me like this and I just trust them. So now, everybody please put the middle finger of your active hand on your Goose Spot (for new people, it is in the cleft between nose and mouth) and put the index finger of your other hand directly up into the air, and close your eyes. Put your attention on the Goose Spot. The energy vibration you can feel there is the vibration that links everyone here, everyone in the OneLife Energyfield.

Many of you are also linked in the heart area, some are linked in the middle eye area, together with cosmic consciousness, others are linked in the belly on a fundamental level, others are linked in the sexual area, but this Goose Spot, here everybody is linked, we all connect through here. Why it is so, I do not know, but it is so.

So, when you are feeling lost, just put one finger here and with the other hand point in the direction of Denzlingen, and I will send you an sms." (laughter)



Later on Michael read this in a book on tantra: Tantra recognizes a subtle nerve that connects the clitoris to the little hollow above the upper lip.

"Well, that's something else again! So for the women in the Energyfield, a double whammy!"

## Far away yet very close

From a letter recently received by Michael from Amida, a sannyasin of old who used to run the Enlightenment Group in Poona over many years, but many years ago:

"In the evenings - in bed and before sleep - I play one of your Talk CD's on my Walkman. They are for me like songs - coexisting with the content - each with its own cadence and rhythm. They inevitably move me - and in each - no matter what the tune - your sweet and loving nature shines through. I send you much love from far away yet very close."

## The Belly - On Tour

On the Outside, you can't beat Sicily for great food. Under the guidance of Alosha, we gorge ourselves on brilliant food, the tastiest fish, in great Italian restaurants. A highlight. Hamburg usually works out fine. Elsewhere, mostly, it's 'pot luck'. Sometimes lucky, sometimes a total disaster. As for In-house cooking, Stiersbach is very popular, with its 'erotic menus', Linz is very generous and plentiful, but best of all is at UNACHO when Dashkara is cooking on groups there. A gourmet's delight. Very special indeed!

And now a latecomer - **Landhotel Voshövel**, in Shermbeck, where we held the **Easter Festival**. Really quite fancy food - if not always as good as it looks. (And a really fine seminar hotel, big enough for 100 people, with a great Spa - a tip for another time.)

Energy Training 2008/09

## Flowers of Love

In the Summer there will commence the next Energy Training.

**The only qualifications you need to join this is your enthusiasm for the Energy Work we do in OneLife and your wish to realise yourself more deeply.**

If you've done just one group with Michael, and been touched deeply, it is enough. In the E.T. we take you thoroughly into the world of energy, and sometimes leave you there!

Michael is assisted in the Training by Varuni, his longterm student, assistant and friend over the past 25 years. Varuni brings her vast knowledge and experience of life and the Work to enhance the methods and explorations that are a natural part of the Training.

**Venue:** UNACHO and various places

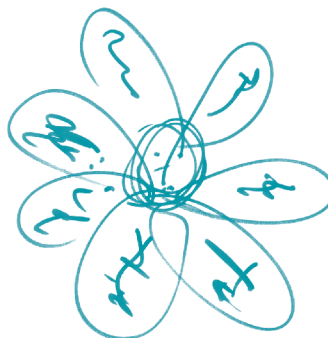
**Groupfee:** EUR 2800,-

**Leaders:** Michael and Varuni

**Booking and Information:** OneLife

### Programme Dates:

1. Summer Festival 22-27 Jul 08 (Holland)
2. Core Training Part I  
29 Jul - 4 Aug 08 (UNACHO)
3. Core Training Part II with Varuni,  
17 - 19 Oct 08 (UNACHO)
4. Winter Festival 27 Dec 08-1 Jan 09 (Italy)
5. Core Training Part III,  
11 - 15 Feb 09 (UNACHO)
6. Core Training Part IV  
18 - 24 Jul 09 (UNACHO)



# X-Run 4

The new X-Run starts in August. Apart from the people from the first 3 who will come again (a few), we are looking forward to those people who freshly feel ready now to walk this path to the X, to join this 2 year campaign to reach the X - where heaven and earth, life and death, you and the One, meet.

This X-Run course has always been Michael's special baby. He does all the sessions himself and draws on all his experiences to bring people to that space and reality within where all is one and from that reality the diversity of life is a great party to join from a space of unity and oneness. Sessions in Detrapping this time will be included.

**Groupfee:** EUR 2980,-

**Booking and Information:** OneLife

Past participants write:

"The treat of a lifetime." "If you qualify, then it's not to be missed."

"We all made giant steps over the two years, and took many jumps too. Both worlds were there."

"By the end, we felt like a cosmic family."

Michael says:

"This 'Run' goes in a different direction. It's aim is to reach nowhere, but via many beautiful and fascinating lands..."

## Enlightenment Circle (EC)

"The Enlightenment Circle was simply fantastic. A continuous gift of love from start to end."

Tarimo

"All of these years I have had to take it on faith... take you on faith... tastes here: tastes there; But now after the Enlightenment Circle there is something I know. All along I guess - but now I can somehow rest and fall - sideways a bit. See where that lands me. One thing is that I seem to be crying a lot in awe... Honestly Michael, you and your magnificent work have given me the true gift of life."

Bhaskar

Michael writes: This last Enlightenment Circle was indeed very special, especially so too because amongst its members were my wife, my son, my ex-wife and close friend Kali, my American buddy and student, Bhaskar, my longterm student and best buddy of my son, Amapiri, my current secretary, my old team carer and helper, Barusa, and lots of other really close people. A great team for highflying... And so we did.

All the words of this group were collected and published as a booklet under the title *Secrets of Enlightenment*. You can order it if you like. But being there, of course, is the thing.



**Venue:** UNACHO, Denzlingen

**Dates:** 5-9 Nov

**Groupfee:** EUR 690,-

"My soul is from elsewhere, I'm sure of that, and I intend to end up there."

Rumi (X-Runner)



Prague

1st of March 2008

7th in the series

'What Is This?'

## The Stop

It is very nice to read about how to reach something that you feel you want in life, as well as how to look beyond life for something that is not plainly there in front of you. That is why we are here and that is why we go to such seminars, because we feel there is something valuable which is not obvious. But talking about it, reading about it and thinking about it, will not get you very far. As long as you are thinking about it, reading about it and discussing it, you are staying on the same level where this doesn't exist. What you are looking for is somewhere else, and the more you discuss it and think about it, the more it keeps you on the level where it doesn't exist.

To move to another dimension or level where it does exist, you have to withdraw the energy from where it is working now. It is not a question of just saying, "I want to open to something different." – that is not enough, because your energy is moving continuously, and always has been, in the areas that are running your life and have been running your life all your life.

Yesterday I quoted a famous Buddhist statement, which I hope you don't need reminding of, but I will still repeat it. It said, "**Look** – that means look with your whole being, not just your eyes – **for that which neither comes nor goes.**" All the beautiful experiences in life, and fortunately also all the terrible things, do come and go. There is nothing in the passage of your life so far that has not come and gone, and if it still is there, soon it will go. Buddha is saying that on the level that coming and going happens, there is nothing that doesn't come and go, and it is not that you haven't found it yet, you will never find **anything** that doesn't come and go.

Every time you find something beautiful, you think to yourself that at least this will last – this love, this joy, this good feeling, this health, this strength, this power, this success, "I just got this great job, I am going to be the boss, fantastic, this will stay." – it will not. You are all doomed, unless you find that which neither comes nor goes, and then from the place where nothing comes and goes, you can watch everything come and go and say, "Okay. Aha. So it is."

When the go's come, instead of collapsing, suffering and feeling your life has come to an end and is not worth living anymore, you say "Aha." My beloved boyfriend has gone off with another woman – Aha. I have lost my job, I don't have a new job and I have no money – Aha. I feel terrible this morning, I have a terrible cold, I can't see and I am coughing, total disaster – It will go.

So that is one thing that Buddha says. Now another one, a very simple one. He made this long speech which consisted of one word, just one word, and in that miracle of one word, a great teaching: **Buddha has cried halt.** Stop what? Stop breathing? Stop moving? Stop the world, I want to get off?

Stop the energy that moves continuously, day by day, in the same way, running all the time. Even if your moment stops, the energy is ready to move in the same dimensions, in the same way it has been running your whole life. That is why in all my seminars there are times of silence, times of sitting quietly and feeling the possibility of allowing your energy, your mind, to stop. This is not meditation.

Meditation is an active attention to watch your mind, to come to stillness, and that is not what I practise, because in a way I am stopped. I move into that place of stop-ness and silence, and out of that comes a movement.

Normally when I first come to a seminar – although this time I didn't – there is stillness and silence. Not because it is meditation time, but because I come to a stop and I see whether, through my stop-ness, something can be passed to the people in the seminar so that they also slowly stop – and it always happens. The power of the stopping is so strong, that even new people who have just arrived and don't know anything about me or my work, find themselves simply sitting still.

I stop because stopping is my truth. I am not practising stopping. And I have the hope that some of you, or all of you, will catch it, like catching a cold, and something similar will happen to you. There is a jazzy energy in you that is thinking and planning the whole time, and which comes to a stop when you have the energy available that connects with this other dimension, or towards this dimension – which is the ultimate dimension where there is

no coming or going; a level where you can feel that it goes on forever and it has always been there.

Something else that Buddha said comes to me. He said, "[Samsara](#) – which is the day-by-day life I am talking about – [has no beginning](#) – because you have always been in it, through all your lives – [but it has an end.](#)" It ends when you get enlightened. "[Enlightenment has a beginning and no end.](#)" – in an instant you get enlightened, but once you get enlightened, you stay enlightened. Samsara is continuous, moving through time, through your hundreds of lives, and then, "Aha!" enlightenment happens, and samsara disappears and up comes enlightenment, and that continues on in time. "But Suchness or tathata – the Sanskrit word – has neither a start nor a finish." It has always been there and will always be there, and when I say to look for that which neither comes nor goes, I am talking about Suchness, I am talking about tathata.

I am remembering something that an American Goose named Bhaskar said to me when I was doing groups in America about fifteen years ago,

"Michael, if you were to give yourself a Goose name, what name would you give?" I said, "Tathata," though I hadn't really reached this, that was the name which inspired me. I would like to, as far as I can, connect you this weekend with tathata.

From tathata, which is outside your self, you can live your self. It is not a disappearance, but it can be. From tathata, you can move off into disappearance or you can move back into the world. By disappearance, I don't mean that you don't exist anymore; I mean that the whole world disappears so you disappear as far as your involvement with the world is concerned. From this line of tathata, you can fall backwards and there is no world anymore, there is nothingness.

I will quote Buddha again, "[From the beginning, nothing is.](#)" He means that in that place, the world disappears. You are still there, presence is still there, but the world is not. If you move forward from that place, you move back into life, but you are still standing on tathata – standing on it as you are acting, as you are relating, as you do your job, when you are coughing,



while reading a book, when you are walking down the High Street, when you buy something in the shop, when you are talking to a friend, when you are talking to a group of people like I am and words are coming out of you, you are standing still on the place which is beyond.

So it includes the world, it is not somewhere else. But in a way it is somewhere else, because when you are moving out of the world into this place, then it is somewhere else. In a way the world disappears, but then it comes back again, only it is not the same world. You are based in the oneness. When I look at you, I see seventy people who are all individual and are all one. I can walk around in oneness, and at the same time I can feel somebody there, energy here, something from her here and him there, and that movement doesn't come from my mind, "Ah, now I see something over here, and now over there." I don't work anything out. The one that is everywhere focuses here and says, "I am coming here to this lady. Now over here to this guy," and that movement which is the movement of Michael Barnett, is not just somebody doing

something to someone else, it is the channelling of the One energy through this person into the other.

So when I come around – as I will start doing in a little while when I am finished talking – when I make contact with you, please remember that this is what happens. It is a cosmic movement, and through it, cosmic energy will come in and move your energy. It will **move** your energy because it is the most powerful energy in the world, and because it is also your basic energy – so it will move the energy in you that is not basic.

That is one thing that will happen, and then there is something else that will happen. That something in you which is also **right now** connected to the cosmic energy, although you don't know it, you can't feel it and you can't experience it, that part of you which is always there will start to vibrate through the process of resonance. Resonance is going on all the time because basically we are all essentially the same. So if I can pop a note like a tuning fork does, then all the tuning forks have **no choice** but to vibrate. It may be very distant, it may be very

quiet, almost imperceptible, you may not even realise it is happening, but it is. It has to happen.

People come to groups regularly to make themselves more and more open for that purpose. The first process which is there for most of you is where energies which are not clear in you get clear. The more the energy becomes clear, the more the second process happens more calmly – the resonance starts happening. So for the people who come regularly, the second process is working. The resonance gets stronger and stronger until it equals the energy that I am sending out, and they know that perhaps without knowing it – they can sense it happening.

As I was saying last night, for those who come once and then disappear, nothing of this happens. You go away with perhaps strong experiences you have had, some insight you have had, some great moment you have had, but it doesn't lead anywhere, it doesn't take you anywhere.

**You have to persevere if you want to finish the journey.**

## Resonance Evening

For an hour on Tuesdays, between 7 and 8 in the evening, when he is here in UNACHO, Michael comes to Extraordinary Space, our seminar room, to bring those who are there out of the huggermugger of ordinary life, into a universal space, which is at the very heart of all living beings, and links them all. He leads the way to this deeply renewing space through silence, resonance, energy awakening, music, and sometimes, words.

"How good, how beautiful. Just sitting so relaxed with you and these other people, like listening to some sound far away and yet deep inside us all."

Resonance Evenings with Michael:  
Tuesday 19.00 - 20.00 h  
Price: EUR 11,-

## Diamond Yoga

DY with a trained DY Teacher  
Every Tuesday before Resonance Evening  
from 17.45 till 18.30 h  
Price: EUR 4,-



## Royal Package

Here in UNACHO there is the possibility to treat yourself for two or three days with these three special offers:

- Individual session with Michael
- Hot Stone - or Aromatherapy Massage with Suchata
- Aqua Wellness Session at a local Spa with Mishka

Otherwise it is your choice how you are going to spend the days. In silence and resting or with trips to the beautiful surroundings. Be assured you will be nourished by the energyfield here around Michael.

Price: EUR 300,-  
On request the sessions can also be booked separately. Accommodation on request, different options available.

## Contemplation of the Day

Read the teaching, reflect upon it, taste it, consider it, absorb it, let it help carry you beyond your current self deeper into your essential nature each and every day.  
Available to you by fax or e-mail, Monday to Friday by 9 o'clock in the morning.  
A one year subscription costs 20 Euro..

## Discount Scheme

You live in the world, but you want to maintain a much closer contact with the energy field and its source. So you do many groups with Michael, drinking from the essence regularly, but this can be expensive after a while. So a solution has been found: The Discount Scheme. It applies to the weekend groups and special events, including the Winter and Summer Festivals, offering a graded reduction based upon the number of groups you attend each year. For the first group you pay the normal fee, but the second then has 10% marked off, the third is less 15%, the fourth 20%, and all groups thereafter are subject to a 25% rebate. This scheme does not apply to the Energy Training, X-Run, EC, Detrapping, TOBAL, the Bali Event, and the One-Day Happenings.

The discount scheme of 2008 will end with the Winter Festival. After that a new discount scheme for 2009 starts.

For news and latest updates  
always check our homepage:  
[www.michaelbarnett.net](http://www.michaelbarnett.net)



After the Winter Festival...

Beloved Michael,  
Such a beautiful talk (Living Continuous Creativity)  
Such a wonderful group  
So much presence  
So much love  
Thank you for all of your teachings  
for your friendship, for your love  
For the first time in my life  
I'm happy being with myself  
Nothing is missing  
My heart is singing and inside  
an angel is dancing the dance of joy  
No beginning, no end.

I Love you,  
Arhat

